

DELIVERING SO MUCH MORE THAN JUST A MEAL IN TENNESSEE

TENNESSEE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,459,264 (22%)
Seniors threatened by hunger	232,023 (16%)
Seniors living alone	350,274 (25%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	140,144 (10%)
Seniors that are non-white racial and/or an ethnic minority	15%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	32%
Seniors with a disability	35%

INADEQUATE NUTRITION AND/OR LIMITED SOCIAL CONTACT HAS DIRECT HEALTH CONSEQUENCES THAT AFFECT THE HEALTHCARE SYSTEM AND ECONOMY

Preventable hospitalizations	59%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$12.51		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN TENNESSEE ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO THE MOST AT-RISK SENIORS

	Congregate Meals	Home-Delivered Meals	Total
Seniors served each year	13,556	8,583	22,139
Meals served each year	909,067	1,361,347	2,270,414

OAA CLIENT PROFILE

Live alone	54%	Live in poverty	41%
Live in a rural area	46%	Minority	23%
Women	66%		

FUNDING FOR THESE PROGRAMS VARY BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

	Congregate Meals	Home-Delivered Meals	Total
OAA Expenditures	\$4,745,878	\$5,504,803	\$10,250,681 (70%)
Total Expenditures	\$5,516,150	\$9,115,160	\$14,631,310

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN TENNESSEE CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of serving a senior Meals on Wheels for an entire year	Cost of 1 day in a hospital	Cost of 10 days in a nursing home
\$1,611	\$1,810	\$2,100

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

